



The Warrior Mindset For Law Enforcement:

Understanding & Surviving the Psychological & Physiological Impact of Violent Encounters

October 16-17, 2013

Hugh Nichols Public Safety Building

Nampa Police Department

820 2nd St S

Nampa, ID 83651

\$120/student

This 16 hour course for **law enforcement officers** is designed to help you prepare for and prevail during violent encounters. The [law enforcement course](#) will not only deal with the latest research in the *psychological and physiological impact of combat*, but will explore the ancient warrior traditions and why these traditions are relevant today. Case histories with audio and video recordings will be used to illustrate principles.

At the end of this program, students will:

- Understand and recognize the physiological and psychological changes that occur when a person is thrust into a sudden stressful situation.
- Understand how these psychological and physiological changes can affect the ability to perform and survive during sudden stressful situations.
- Understand how experiencing a sudden stressful situation can lead to a “high”, Post Traumatic Stress Disorder (PTSD) and/or Post Traumatic Growth.
- Understand how *physical training, mental imagery, tactical self-talk, breathing and centering* improves stress inoculation and startle recovery.

The instructors bring a rare perspective to the class. Each instructor has been involved in deadly force encounters with armed attackers. Additionally, Detective Russell was shot while attempting to detain a subject. Detective Holt was stabbed trying to apprehend a mentally disturbed subject. These and other experiences give the instructors an unparalleled credibility.

For more information on the course, including instructor bios, go to <http://www.warrior-mindset.com>

**To register, contact Fawn Olk – Training Coordinator
Nampa Police Department (208) 468-5644 or
olkf@cityofnampa.us**